

# Psycho-social supports after an Emergency

## What is Psycho-social support?

Psychosocial support is less about counselling, advice or the right or wrong ways to behave but instead to empower individuals by helping them to understand how to internally process the event they went through and how to adequately control of their own situational responses and decision-making <sup>1</sup>

## Who Need Psycho-social support

Following the experience of traumatic events, the mind of individuals may become so overwhelmed that it is unable to cope.

Psychological trauma is often characterised by the recurrence of events in the mind thus leaving individuals incapable of assimilating their thoughts.

Psycho-social support services have been accessed regularly by:

- First Responders (Fire, Police, Ambulance)
- Spouses/Family members of First Responders
- General Public after a traumatic event
- Self identified individuals

## Where can I get Psycho-social Support Services?

Psycho-social supports can be accessed by those individuals that have self identified a need to access these services.

There are non-government and government organizations providing psychosocial support to individuals as well as communities that have identified the need for these supports.

Please look on the next few pages at some resources to find one in the area you are interested in.

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<sup>1</sup> Regional Emergency Psychosocial network (2006). <http://www.psychosocialnetwork.org/learn-about-psychosocial-support.htm>

## GENERAL SUPPORT

### Simcoe Muskoka District Health Unit- Health Connection

*Your Health Connection* is a service available for people in Simcoe Muskoka who have questions about their health. During times of an emergency, the public health inspectors and public health nurses at *Your Health Connection* listen to the needs of people who have been affected and help them to work through what they need in order to resolve their problems. *Your Health Connection* offers advice on how to deal with the emergency and helps people to link with appropriate agencies and supports.

*Your Health Connection* is the public health information and referral service for the Simcoe Muskoka District Health Unit. When you have questions or concerns about your health or a public health emergency, help is just a phone call or computer click away.

15 Sperling Drive,  
Barrie ON, L4M 6K 9

Tel: 1 877-721-7520 (Monday to Friday,  
8:30 am to 6 pm) or check  
[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

### Georgian Critical Incident Stress Management Team

*The Team is a registered charity. Team members include peer support personnel (firefighters, police officers, paramedics, etc.), spouses, mental health professionals, chaplains.*

P.O. Box 20157  
Barrie, ON L4M 6E9

Tel: (705) 466-5102  
Pager (24/7) - 705-727-3807

## Huntsville- Muskoka

### Muskoka- Parry Sound Community Mental Health Services

24-hour a day telephone support service. Any person interested in receiving service may call. Crisis support in the community. Post-crisis follow-up intervention to ensure the stability of the client and family. 24 hour consultations to general hospitals.

67 Main Street W., Unit 1, P1H  
1W9  
HUNTSVILLE

### Muskoka and area Crisis Line 1-888-893-8333

Tel: (705)-789-8891 Fax :705) 789-3002

### Victim Crisis Assistance and Referral Service (VCARS)

Crisis assistance by trained volunteers provide support 24hrs. per day / 7 days a week. Assistance by emotional support, and practical assistance for a short term basis. Referrals provided immediately or through a VCARS staff member in a follow-up call. Service provided to lessen trauma of being victimized; help victims cope; connect with referral agencies; help bring more complete closure to emergency calls.

29 Manitoba St., 2nd Floor,  
Suite 9  
Bracebridge, ON P1L 1S4

Tel: (705) 645 5444  
Toll Free: 1 877 229 2217

### Counseling Services

List of counsellors located in Huntsville areas

Please see yellow pages, under counseling services in phone book for up to date list.

<p><b>Muskoka Family Focus and Children's Place-Ontario Early Years</b></p> <p>Early Years Programs are great places for adults and children, 0 to 6 years of age to drop in, meet, share, play and find friendly support and information.</p>	<p>Centennial Centre, 20 Park Rd, Huntsville</p>	<p>Tel (705) 788-3534</p>
<p><b>Salvation Army</b></p> <p>Offers social support, however not professional counselling.</p>	<p>Salvation Army 4 Mary Street Huntsville, Ontario</p>	<p>Tel: (705) 789-3398</p>
<p><b>Family Health Network</b> (Family Doctor's office) or through your local hospital.</p>	<p>Muskoka Algonquin Healthcare: Huntsville District Memorial Hospital Site:</p> <p>100 Frank Miller Drive Huntsville, ON P1H 1H7</p>	<p>Tel: 705-789-2311</p>